PSY405 Ch3 - Lecture notes chapter 3

PSY 405 (California Polytechnic State University San Luis Obispo)

Scan to open on Studocu

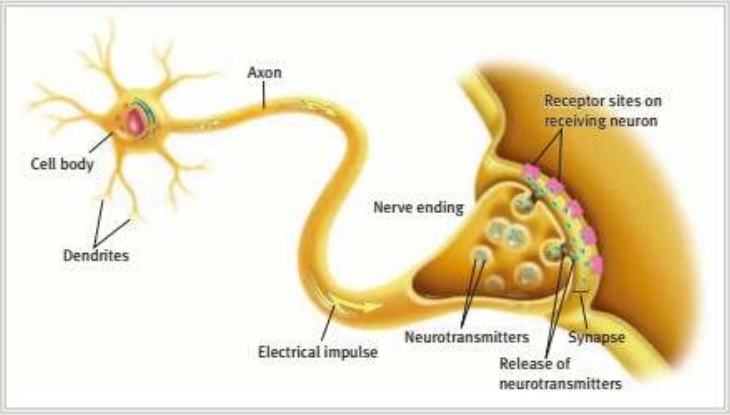
Studocu is not sponsored or endorsed by any college or university
Downloaded by moin khan (moinamb99@gmail.com)

SHOUT
SHARE
IT

Models of Abnormality
Chapter 3

Models:
Biological Model

- Theory
  - Genetics
  - From molecular genetics methods, it seems no **single** gene is responsible for a particular behavior or disorder



  - Chemicals
    - Abnormal activity in certain neurotransmitters are implicated in specific mental disorders
      - Examples: depression (serotonin and norepinephrine at a deficit) and anxiety (GABA deficit)
- Source of Abnormal Behavior
  - Hereditary
  - Biochemical Imbalances
- Treatment
  - Medication—1st resort
  - Electroconvulsive Therapy/Treatment (ECT)
    - A procedure, done under general anesthesia, in which small electric currents are passed through the brain, intentionally triggering a brief seizure. ECT seems to cause changes in brain chemistry that can quickly reverse symptoms of certain mental illnesses.
    - Currently experiencing a revival
    - Used for depression when drugs and other therapies have failed
      - In 60% of cases, ECT can lift symptoms within a week
      - Usually has an immediate effect. If you're on the verge of suicide, this should help **if you've tried everything else**
        - Some memory loss proceeding the procedure. Insurance will pay for it
  - Psychosurgery
    - Historical roots in trephination
    - 1930's = first lobotomy through the temporal lobe (cutting or scraping away most of the connections to and from the prefrontal cortex, the anterior part of the frontal lobes of the brain)

Rarely worked
Wasn't good

  - Drug Therapy:

This document is available on studocu
Downloaded by moin khan (moinamb99@gmail.com)

        - 1950's = Changed the outlook for a number of mental disorders
        - Four Groups of Drugs:
            - Antianxiety drugs (benzodiazepines; barbiturates) – can cause addiction
            - Antidepressant drugs
            - Antibipolar drugs (mood stabilizers)
            - Antipsychotic drugs
    - Does seem to help about 70% of the cases
    - NEUROGENESIS – it takes 3 weeks to kick in

Humanistic Model

- Have to use this to start and connect with your client!!!
- Theory
    - Humans have a tendency to naturally evolve in a positive direction (given the right environment)
- Source of abnormal behavior:
    - Incongruence between self and societal expectations
- Treatment
    - Goal: provide environment so person can naturally evolve
        - Reflective Listening
            - A communication strategy involving two key steps: seeking to understand a speaker's idea, then offering the idea back to the speaker, to confirm the idea has been understood correctly.
            - Unconditional Positive Regard

Cognitive Model

- Theory
    - Thinking (including beliefs, attitudes, interpretations)
    - Ellis's ABC
        - Activating event, Belief, Consequence
- Source of Abnormal Behavior:
    - Learned pattern of irrational or negative self-statements
    - **Look on Polylearn for cognitive distortions**
- Treatment
    - 1) Monitor thoughts
    - 2) Recognize connections
    - 3) Evidence for and against
    - 4) Substitute logical interpretations
    - 5) Identify and change original beliefs

Behavioral Model

- Must use this with children
- Theory
    - Classical Conditioning
    - Operant Conditioning
        - Increasing or decreasing a behavior with a reward or punishment
    - Modeling—we can imitate behavior

Downloaded by moin khan (moinamb99@gmail.com)

- Source of Abnormal Behavior:
    - Learning maladaptive responses or not acquiring appropriate responses
        - Social Skills
- Treatment
    - Aversive counterconditioning
        - I.e. for smokers, we'd make them sick when they smoke so they don't like it anymore. Same for alcoholics
    - Extinction/punishment
        - Booster sessions- this won't last forever. Need to keep the association alive and bring back the clients to re-introduce them to the negative consequences
    - In vivo exposure with response prevention
        - Expose person to fear gradually, the fear will eventually go away
        - Flooding can lead to trauma- not recommended

Psychodynamic Model (FREUD!!)

- Theory
    - Unconscious motivations
        - Look first for fear
    - Defense Mechanisms
        - We use these to keep those fears stuffed inside
        - Repression: preventing painful or dangerous thoughts, impulses, or memories from entering consciousness. Happens automatically
            - Suppression: when you actively push something out of your consciousness
        - Denial: refusal to acknowledge the anxiety around aspects of reality
        - Intellectualization: avoiding emotion by overusing logic
        - Passive-aggression: an indirect, retaliatory act of anger
- Source of Abnormal Behavior
- Treatment
    - You make the unconscious conscious
    - Analysis of resistance
        - Purposefully late to therapy

Sociocultural Model

- Theory
    - Cultural/social environment
    - Looks at the society and culture more broadly
- Treatment
    - You treat the culture
    - You broaden somebody's awareness to this

This document is available on studocu

Downloaded by moin khan (moinamb99@gmail.com)